

KASSAA

Track & Field Championship: 2019 Meet Package

Meet Notes

1. You will find the entry protocol and schedule for the 2019 KASSAA Track and Field Championships on the KASSAA website (www.kassaa.ca).
2. Entries are due on Saturday May 11th, 2019 at 2pm SHARP to entry coordinator Shannon Niemi (niemis@limestone.on.ca)
3. Your entry list will be posted on the KASSAA website by Monday, May 13th, 2019 at 8:30am.
4. All scratches and/or changes must be made VIA EMAIL ONLY to the entry coordinator (Shannon Niemi) by Monday May 13th, 2019 at 4pm.
5. A revised entry list will be posted to the KASSAA website by Tuesday, May 14th at 8:30am. Once this list is posted there will be NO ADDITIONAL changes to your entries.
6. A reminder that a competitor can enter 3 individual events and up to 2 different relay events (4x100 and 4x400). Athletes may not compete on more than one 4x100 relay team.
7. Athletes must compete in the same category for all individual events (i.e. if a midget is moved up to junior in one event, then they must compete at junior for all individual events). The exception to this is relay team events and the OPEN category of events in which any competitor may compete (ex. steeplechase).
8. Each school may enter up to 4 athletes in each division of all individual events. Schools are limited though to 1 relay team per division.
9. KASSAA entry fees are payable to "KCVI". All entry fees must be received by Stephanie Howie (KCVI) in order to receive your school package with competitor numbers. The entry cost is \$10 per athlete (not per event) plus \$50 per school (flat rate meet admin fee). All of your forms will be required at this time as well (also to be collected by Stephanie).

Please see the EOSSAA or OFSAA website to download forms for this year.

10. All competitors in the relay events must have identical tops.
11. There will be three meet referees (convenor, track, and field) which will supervise all competition of the meet and make decisions/disqualifications where required. There will also be a Jury of Appeal which will hear all appeals (appeals must be given to the convenor or designate no later than 30 minutes after the results are announced.)
12. Please provide accurate (based on actual season performances) seed times for competitors. This is especially important in the track events where there may be timed sections. You do not need to submit seed times for the 800m, 1500m, or 3000m as there will only be one section for each of these events.
13. Each participating school will be responsible for some officiating duties. You are asked to bring your own equipment (rakes, brooms, tape measures AND crew of student volunteers where necessary).
14. EOSSAA will be held on Thursday and Friday May 23-24th at Thousand Island Secondary School in Brockville. Information can be obtained at www.eosaa.ca. East Regionals will be held on May 30-31st in Belleville, ON. OFSAA will be hosted at Guelph University on June 6-8th.
15. Please note that all track event listed with HEATS will be run as heats even if there are fewer than 8 competitors entered. Athletes should be prepared to run at BOTH times listed on the schedule.
16. The measurement and weigh-in station will be open **8-9am and 11:45-12:45pm** at the storage shed. All implements must be weighed and measured prior to being used in competition.
17. Please remember to scratch your athletes as early as possible if they have qualified, but are not going to contest an event at EOSSAA, so that their spot can be filled with the next placing athlete. It is often too late to fill spots the next day, and we want to provide as many opportunities for Kingston athletes to move on. You are asked to report all scratches to Shannon Niemi **prior** to leaving the meet Thursday.
18. Only **5mm (1/4 inch) PYRAMID spikes** will be allowed to the track at all times. NO pin spikes allowed. These will be checked by all track and field officials.

19. Please remind your students that the policy at CaraCo Home Field is **NO food or drink on the field or track** (with the exception of water). Food and drink are to be consumed in the bleachers.
20. If you have any questions please do not hesitate to contact Ben Moser (moserb@limestone.on.ca) or Kim James (jameskim@limestone.on.ca)